



Tools For Action

A sample of physical education initiatives in Wisconsin

Mileage Club

Contact Information

Main Contact Person
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Title of Main Contact
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Robert's Elementary School
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St. Croix Central
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Program Information

Program Name
"Mileage Club"
Program Category
Recess ideas that complement PE class
Grade Level
3-5
Assessment Method
Fitness indicator (test scores, miles walked); Impact on behavior (increase in active minutes or miles walked)

Program Information

Products Developed or Materials Used:

Program Description:

Students in grades 4 & 5 had an opportunity to log miles by walking or running laps at their lunchtime recess. This was an optional program. After completing laps, students would chart their progress by coloring in one "shoe" for each lap they completed on charts posted in the cafeteria. 1 lap = 1 shoe = 1/4 mile. 4 laps = 1 mile. Students were recognized in PE class for every 5 miles logged. This program ran for 6-consecutive weeks in the fall of the year.

For information on other **Physical Education Best Practices**, visit the website at:

<http://dev.dhfs.wisconsin.gov/health/physicalactivity/PEhome/> or contact Jon Hisgen at jon.hisgen@dpi.state.wi.us

For information on how your school could become a **Governor's Healthy School Award** winner, visit the website at:

<http://www.schoolhealthaward.wi.gov/> or contact Brian Weaver at brian.weaver@dpi.state.wi.us

For more information on nutrition and physical activity, visit the **Wisconsin Nutrition & Physical Activity Program's website** at:

<http://dhfs.wisconsin.gov/health/physicalactivity/>

or contact staff at:

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